

The Effect of Detailed Counseling on the Glycemic Index of Diabetic Patients

Hala Alhakeem, MBBCh, BAO, ABFM* Turki Alhusaini, MBBCh, BAO**
Mariam Hasan, MD*** Shaikha Musameh, MD****

Objective: To evaluate the outcomes of glycemia after counseling patients with type 2 diabetes mellitus.

Setting: GP Diabetic Clinic, Bahrain Defence Force Hospital, Bahrain.

Design: A Prospective Study.

Method: The patients were divided into two groups, both had type 2 diabetes mellitus. One group was the control (n=86) and the other was the intervention (n=83) group. The patients in the intervention group received a 15-minutes education session, whereas the control group received the regular 7-minute educational session. HbA1c levels were measured before the sessions and after 6 months.

Result: HbA1c in the intervention group revealed a statistical reduction in the level of HbA1c from 8.84 ± 1.95 to 7.82 ± 1.51 , P-value=0.001. At the same time, a considerable increase found in the level of HbA1c in the control group from 9.66 ± 1.63 to 10.28 ± 1.24 , P-value=0.003.

Conclusion: Detailed dietary/pharmaceutical counseling for patients with diabetes mellitus, undergoing treatment reduced the levels of HbA1c.